

SEDARIS TALKS TO THE ANIMALS

THE "BOJACK HORSEMAN" STAR SPEAKS OUT.

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As Seen On  

So you think you know NYC?

Tourism. A local couple gives an oddball flair to the city's history and sites. PAGE 02



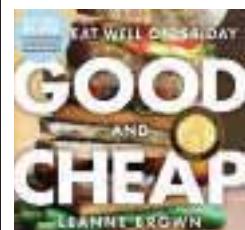
Jonathan Anderson of New York Local Tours relates anecdotes of Coney Island's history to a group. / BESS ADLER, METRO

Cuban flag flies again over DC embassy

PAGE 08

How to eat healthy, even on just \$4 a day

PAGE 30



Many happy returns for first-place Yankees

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1 NEWS

Top 3

The best of Metro.us

1 Work begins in Village on Bea Arthur Residence for LGBT homeless youth

2 Four bridesmaids killed in drunk driving accident: Long Island cops

3 'Hunger Games' star calls out Kylie Jenner over cornrows selfie



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Tour the NYC they don't tell you about on the bus

Tourism. Rabbits, elephants and fires, oh my! New York Local Tours wants to share some offbeat history with locals and out-of-towners alike.

Jonathan Anderson and Alex Delare are the goofy, engaging history professors you never had but always wanted.

They will walk you through the history of a place like Coney Island with facts as simple as how it got its name — the island had a large wild rabbit population and it is believed that Coney is derived from "Konijn," the Dutch word for rabbit — to stories about brothels inside a 150-foot-tall iron elephant originally intended to serve as a hotel.

They'll tell you all about how fires were rampant, freak shows were common and what role the Trumps played in Coney Island history.

Hailing from Brooklyn, Anderson, 30, and Delare, 27, launched New York Local Tours last November.

Anderson was doing a tour for another company, and thought the money wasn't bad. From there, Anderson and Delare both decided to start New York Local Tours; they launched an Indiegogo page and bought a number of books to start their research.

A tour with the charismatic couple of three years is similar to roaming around an area of New York with a group of friends. There is no double-decker bus and there is no microphone. Just a binder of visuals and a small group



Jonathan Anderson gives a tour of Coney Island's history to Alex Delare (co-founder), Kathleen Fletcher, Elysia Segal, Fielding Hong, Raj Varma and Vandit Bhatt. /BESS ADLER, METRO



Anderson gives a tour of Coney Island's history. / BESS ADLER, METRO

Quoted

"They are all New Yorkers ... and they all want to do the Brooklyn Bridge."

Delare



7 train / FILE PHOTO

Transit. 7 train extension opens on Sept. 13

The 7 train extension is coming — for real this time.

The long-anticipated extension to 34th Street-Hudson Yards will open on Sept. 13, Dr. Michael

Horodniceanu, president of MTA Capital Construction, said during a board meeting on Monday.

The 1.5-mile addition past the Times Square station culminates at

11th Avenue, opening up the far west side of Manhattan to straphangers.

Construction on the \$2.4 billion project started in 2007, and

the opening has been delayed several times.

The MTA has been training dispatchers for the line over the past few weeks.

WENDY JOAN BIDDLECOMBE

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Authorities: Long Island driver fled scene

Crime. The LI crash killed four women.

The driver of a pickup truck tried to walk away after crashing into a limousine that killed four friends on Saturday, Suffolk County District Attorney Thomas Spota said at a Monday press conference.

Steven Romeo, 55, allegedly stayed at the scene for 15 minutes before walking away, according to Spota. He continued to walk after being told by an officer, but was eventually stopped. Romeo's lawyer, Dan O'Brien, denied that his client tried to run from the scene.

The women were leaving a bachelorette party at

Vineyard 48 when Romeo allegedly crashed into the limo they were riding in on Route 48 in Cutchogue.

The driver of the limo was trying to make a U-turn when the crash occurred. According to Suffolk County Assistant District Attorney Elizabeth Miller, Romeo was drunk and hit his brakes too late, slamming into the limo.

Before the crash, Romeo worked until noon, went home and drank beer before getting into his vehicle, Spota said.

The dead were identified as Brittney Schulman, 23, and Lauren Baruch, 24, of Smithtown, Long Island; Stephanie Belli, 23, was from Kings Park, and Amy Grabina, 23, of Commack.

Romeo was arraigned

at his bedside at Eastern Long Island Hospital on Sunday. He pleaded not guilty and remained hospitalized.

The driver faced one charge of driving while intoxicated. He was ordered to be held on \$1 million bond or \$500,000 cash bail. He will appear in court on Friday and the charges are expected to be upgraded.



The fatal crash / YOUTUBE, CBS

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NYC. Residents balk at hot temperatures



People cool off in a fountain. / CARLOS LLAMAS, METRO

So how hot is it? New Yorkers chimed in on social media yesterday.

It is so hot that an egg cooked on the sidewalk of Fort Greene Park in Brooklyn.

For one New Yorker, traveling by foot feels like walking through soup. Hot soup.

People's insides are melting.

Perhaps the heat wave's largest feat: Commuters are thanking the subway instead of cursing at it.

If you're looking for more ways to cool off, head over to Brooklyn

Bridge Park and walk among Danish artist Jeppe Hein's series of "rooms" formed out of seven-foot-tall water jet walls.

According to the National Weather Service, the city is expected to cool down ever so slightly over the next few days. On Tuesday, expect highs in the low 90s. Wednesday will dip to the mid 80s, with highs in the low 80s on Thursday and Friday.

In the meantime, continue to tweet and Instagram your woes, stay hydrated, use sunscreen and wear a hat. MEGAN FU

Too hot

Thousands of power outages from NYC heat

More than 20,000 homes and businesses around New York City lost power Monday, according to Con Edison.

The company faced issues during one of New York's hottest summer days. Over 19,000 out-

ages were recorded on Staten Island with others scattered nearby.

The outages left more than 5,000 customers in mainly Nassau County without electricity, said PSEG Long Island. Crews for both utilities continued to work on the issue.

The continuous NYC heat has also led to an air quality index warning. YALDA MOSTAJERAN



Dog play area rendering / COURTESY ARK DEVELOPMENT

Ritzy JFK terminal for animals will make people jealous

Travel. This new-and-improved former cargo building will make you want to pull a "Freaky Friday" with your beloved pet.

laboratory and companion animal boarding and grooming spa. It's a model that aims to transform the air transport of animals worldwide.

Dr. Aaron S. Perl, managing director of the ARK at JFK, said in a press release that pet air travel demands are on the rise, and "we recognized the need for a more humane and efficient model."

With a 30-year lease and a \$48 million structure in place, the 178,000-square-foot facility that was formerly JFK's Cargo Building 78 will take in animals of all types; horses, pets, birds and livestock.

MEGAN FU
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Next year, a new JFK luxury animal terminal will have you wishing you were your dog, or cat or horse.

The ARK at JFK will be the first terminal of its kind; it will include the world's only privately owned integrated air freight center, in-transit animal-handling modules, USDA-approved import quarantine, a veterinary hospital, diagnostic

WTC

Skylight will open every 9/11

Every Sept. 11, the roof of the new World Trade Center's transportation hub will open to the elements for a symbolic 102 minutes.

That is the length of time the 2001 terrorist attack lasted, The New

York Times reported. The still-incomplete hub's 355-foot-long skylight, which measures 12 feet at its narrowest and 22 feet at its widest, is designed to retract open and allow the elements to penetrate the space. The skylight is set to open in December.

MATTHEW LEE

Mayor

Bill de Blasio to give climate change talk at Vatican

Mayor Bill de Blasio is Vatican bound.

The mayor is traveling to his self-proclaimed "ancestral homeland" to give a talk on climate change at Pope Francis' conference, called "Modern Slavery and



De Blasio / GETTY IMAGES

Climate Change: The Commitment of the Cities."

De Blasio is scheduled to give remarks at the New Synod Hall at the Pontifical Academy of Sciences on Tuesday morning. He will attend private meetings with some of the 65 world mayors set to attend the conference, and wrap up the day with an official dinner organized by the Vatican.

The mayor is expected to give a 15-minute keynote address at the Symposium on Cities and Sustainable Development on Wednesday morning, and return to the Big Apple that night.

The mayor is traveling coach, according to his press office, with two staffers. The trip is expected to cost the city \$12,600.

WENDY JOAN BIDDLECOMBE

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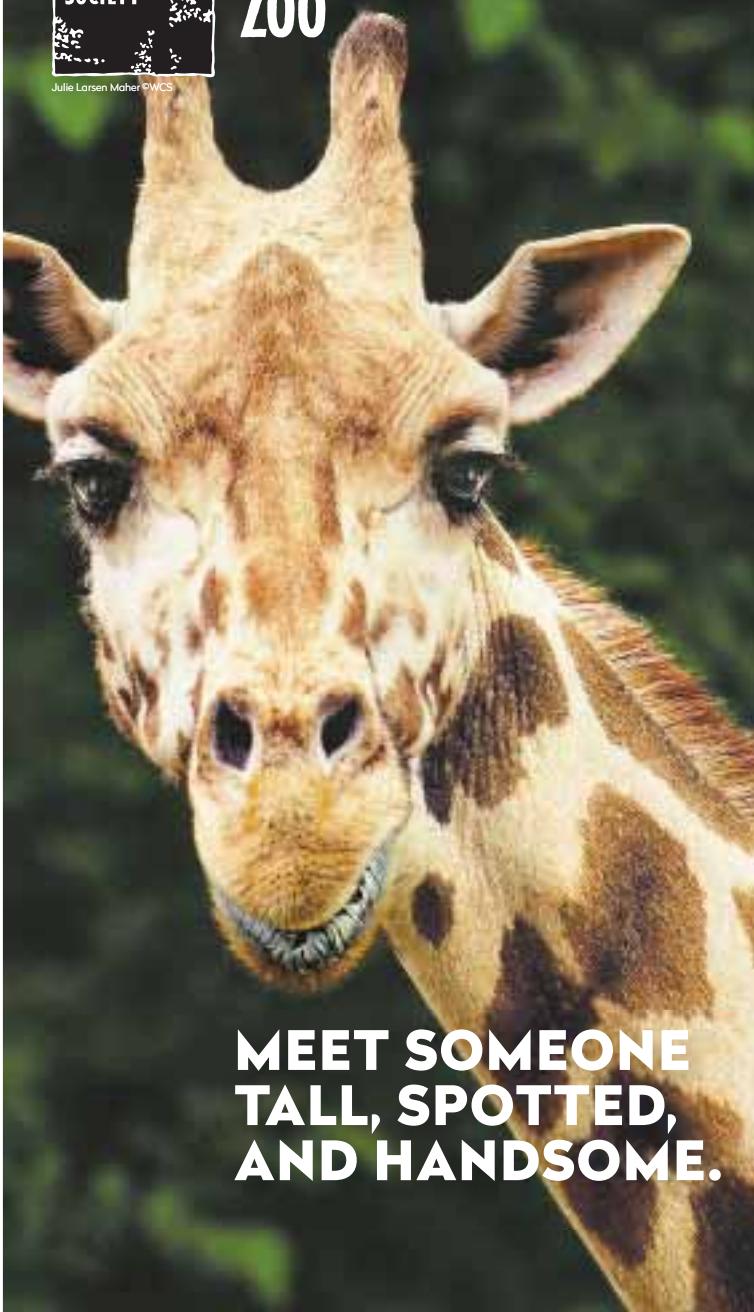
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Loans. Rutgers University No. 1 for highest graduate student debt

Rutgers University received a No. 1 ranking for public universities in America — for massive graduate debt.

The Center for American Progress recently ranked American universities in order of graduate school student debt. The top winners were for-profit and private universities.

Yet, Rutgers, located in New Brunswick, New Jersey, managed to receive the highest ranking among public universities at No. 19 overall.

Graduate student tuition varies by campus, degree program and residency. For New Jersey residents attending the graduate school of pharmacy, tuition is \$7,968 a semester, while students seeking a master's of business pay \$11,376. Out-of-state students can pay nearly \$20,000 a semester, according to the website.

The American Progress report revealed that graduate students from only 20



Rutgers graduate students have the most debt.

RUTGERS UNIVERSITY, FACEBOOK

costs of graduate education." E.J. Miranda, the director of media relations, commented that the report is misleading because it ignores enrollment numbers and cites total debt instead of average debt.

Rutgers University has nearly 20,000 students in graduate programs, which include two medical schools, two law schools and two business schools.

Rutgers University also told Metro that the university helps students find grants and employment. Graduate students can receive aid from Eagleton, Presidential and Ralph Bunche fellowships as well as from graduate student aid from the university, which amounted to \$280 million dollars last year.

Overall, graduate student debt is on the rise. One reason is because public universities receive less in-state funding than before, and have increased tuition to compensate for the loss. **HADLEY BOLTRES**

universities in America received one-fifth of all student loans during the 2013-2014 academic year, according to the Washington Post.

Rutgers responded to this new analysis, stating that the university "is extremely sensitive to the

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Five things you need to know

McCain urges Trump to apologize to US military families

Senator John McCain urged Republican presidential candidate Donald Trump on Monday to apologize to U.S. military families for saying prisoners of war are not heroes, in his first direct response to Trump's remarks.

Trump drew a barrage of criticism over the weekend after telling a Republican forum he did not think McCain, a Navy fighter pilot who was held prisoner for more than five years during the Vietnam War, was a hero because he was captured.

McCain



played down the personal attack in an interview with MSNBC. He said he didn't think Trump owed him an apology but did owe one to military families.

"I think he may owe an apology to the families of those who have sacrificed in conflict and those who have undergone the prison experience in serving our country," McCain said.

The longtime Arizona senator and 2008 Republican presidential nominee, who himself has been called fiery and combative, struck a tone of restraint and humility in his reply.

"The great honor of my life was to serve in the company of heroes," McCain said on MSNBC. "I'm not a hero." **REUTERS**

Maine man faces charges for killing two in rampage

A Maine ex-convict accused of fatally shooting two people, kidnapping a woman and firing at police during a high-speed chase through the state's sparsely populated north faced charges related to the spree on Monday.

Dressed in a sleeveless green prison jersey, 35-year-old Anthony Lord appeared via closed-circuit television from the jail in Houlton, Maine.

Maine District Court Judge Bernard O'Mara asked the defendant if he understood he faced two counts of murder and one of kidnapping. Lord mumbled "yes" in response. **REUTERS**

Spanish judge asks EU top court for key Uber ruling

A Spanish judge has asked Europe's top court if online taxi-hailing app Uber is a "mere transport service" or a digital service, as the U.S. startup claims, in a case that could set a precedent for legal battles across the continent.

A judge in Barcelona has referred a case brought by the city's main taxi operator against Uber toward the end of last year to the European Court of Justice in Luxembourg, an Uber executive said on Monday.

REUTERS

Bridge collapse closes key US highway in California

A stretch of cross-country Interstate 10 will remain closed indefinitely in Southern California near the Arizona border after a bridge collapsed during a weekend storm, injuring a motorist.

The eastbound span of the bridge, carrying I-10 over a wash through the Coachella Valley, about 40 miles west of Arizona, gave way on Sunday afternoon, choking traffic along a major truck route, the California Department of Transportation said.

The westbound portion of the highway was closed as well because of heavy rains that had undermined the bridge's ground support. **REUTERS**

Iowa chicks sent as far as Brazil to evade deadly bird flu

Hy-Line International, the world's biggest genetics company for egg-laying chickens, moved part of its breeding stock from Iowa to several other states within the last few months.

The best genetic lines for egg quantity and quality can be used to breed hens year after year.

Hy-Line also shipped some of its breeding stock to Brazil to ensure the birds can be exported to overseas buyers who restrict exports from the United States because of the outbreak. **REUTERS**



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Proposal

Clinton's capital gains tax plan to urge focus on long-term growth

Hillary Clinton's proposed plan to overhaul capital gains taxes aims to foster long-term growth by taxing some short-term investments at higher rates,

an aide for her campaign said on Monday.

Although details of the plan have yet to be finalized, it would create a sliding rate scale based on the length of an investment, rather than treating all assets held over a year as "long term", an aide with the Democratic candidate's campaign said.

Under her proposal, which was first reported

by the Wall Street Journal, profits made by an individual selling an investment held for less than a year would continue to be taxed at regular income rates, which can rise to 39.6 percent for top earners, the Journal reported.

She would increase the maximum tax rate on capital gains made on assets held at least a year but no more than perhaps two or

three years, currently 23.8 percent, to at least the 28 percent proposed by President Barack Obama, according to the Journal and a brief statement from a Clinton aide.

Clinton, the favorite to win the Democratic Party's nomination for 2016, has not ruled out raising it as high as the regular income tax rate, the Journal said. **REUTERS**

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The Cuban flag is raised over the newly reopened Cuban Embassy in Washington, D.C., for the first time since the United States severed diplomatic relations in 1961. / GETTY IMAGES

Cuban flag raised over Washington embassy

Diplomacy. In Havana, the U.S. Embassy was also reopened but with less fanfare.

Tweeted

"Obama's rush to restore diplomatic relations with Cuba is wrong. This embassy will only serve to further legitimize repressive regime."

Jeb Bush, presidential candidate, underscored his opposition to the diplomacy on Twitter.

century of enmity, Secretary of State John Kerry later hosted Rodriguez, the first Cuban foreign minister to visit Washington since the Cuban Revolution, for talks at the State Department.

Cuban Foreign Minister Bruno Rodriguez presided over the reinauguration of the embassy, a milestone in the diplomatic thaw that began with an announcement by U.S. President Barack Obama and Cuban President Raul Castro on Dec. 17.

Serious differences remain between the United States and Communist-ruled Cuba, and efforts toward full normalization of ties are expected to proceed slowly. But the ceremony carried enormous symbolism after more than two years of negotiations between governments that had long shunned each other.

In a further sign of a desire to move past a half

"The historic events we are living today will only make sense with the removal of the economic, commercial and financial blockade, which causes so much deprivation and damage to our people, the return of occupied territory in Guantanamo and respect for the sovereignty of Cuba," Rodriguez said at the reopening ceremony. **REUTERS**

Hackers threaten to leak data of clients on cheating website

Data breach. It comes about two months after dating site AdultFriendFinder was compromised.

Hackers threatened to leak details, including the credit card information, nude photos and sexual fantasies of as many as 37 million customers, of a dating website that caters to cheating spouses, the KrebsOnSecurity blog reported.

AshleyMadison.com's Canadian parent, Avid Life Media, confirmed the breach on its systems, and said it had since secured the site and was working with law enforcement agencies to trace those behind the attack.

It disputed a claim made by the hackers, who call themselves The Impact Team, that a "paid delete" function will not remove all information about a member's profile and communications.

Company officials could not immediately be reached for comment. But in an interview with



Ashley Madison website / GETTY IMAGES

Quoted

"We apologize for this unprovoked and criminal intrusion into our customers' information." Avid Life

KrebsOnSecurity, Avid Life Chief Executive Noel Biderman was cited as saying the company suspected someone who had access to internal networks as being behind the breach.

The Impact Team, in a screen grab shown on the KrebsOnSecurity blog, said it had taken over Avid Media systems, including customer databases, financial records and emails.

"Shutting down Ashley Madison and Established Men will cost you, but non-compliance will cost you more," the hackers said. Established Men is an affiliated website.

The hackers leaked snippets of the data online and warned that they would release customers' names, profiles, nude photos, credit card details and "secret fantasies" unless Ashley Madison and Established Men.com are taken down.

Ashley Madison, which uses the slogan "Life is short. Have an affair," has been planning to raise up to \$200 million through an initial public offering on the London Stock Exchange.

REUTERS

Tech. Three ways to protect your identity while dating online

The hacks lead to the question, "Can we date online and still stay anonymous?" The answer: Yes.

There could be a multitude of reasons why you want to keep your

identity secret. Perhaps you're LGBT and in the closet. Perhaps you're in a witness protection program. Maybe you're a celebrity. Maybe you're really concerned about your

privacy. Or maybe, just perhaps you are actually cheating.

Here are three ways to help protect your identity while dating online.

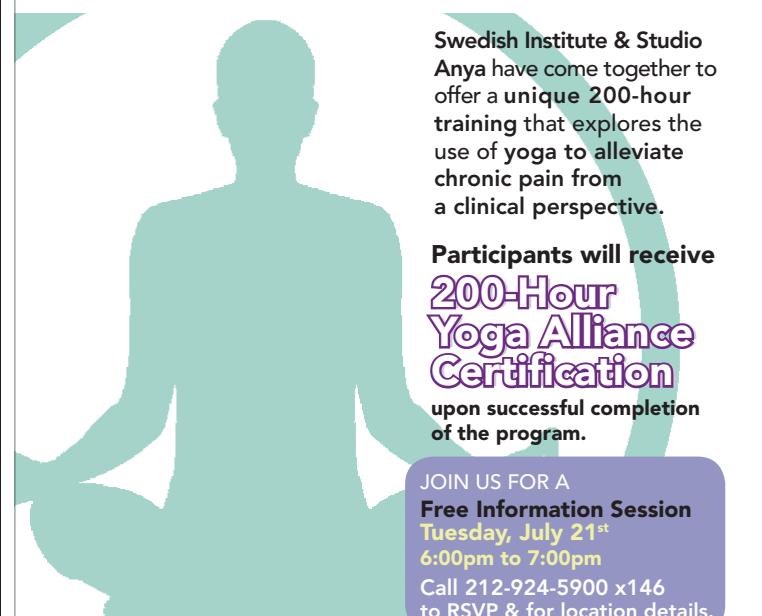
MATT LEE

If you're going to send a nude picture, don't include your face or anything that will give away your identity. This includes jewelry, tattoos or birthmarks. You never know what the person on the other end of the chat will do with those pictures, and it's best to safeguard yourself by not giving away too much of your identity while sending seductive pictures.

If concerned about digital footprints, get a dummy email address. Set up a new email account with a made-up name and birthdate. Think of this email address as a drug dealer's burner phone — something you can throw away if you need to and won't leave a trail of breadcrumbs leading back to you. Use this address to register on sites that you would like to stay anonymous. MATT LEE



Swedish Institute YOGA TEACHER TRAINING 200-HOUR PROGRAM



Swedish Institute & Studio Anya have come together to offer a unique 200-hour training that explores the use of yoga to alleviate chronic pain from a clinical perspective.

Participants will receive
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“Fraction Of An Inch”

Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints depletes. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

All Doctors Are Human And Sometimes They Mess Up

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... That Might Be Keeping You In Pain

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a *fraction of an inch* would make the difference between success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

“Double Confirmation” For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **“double confirmation”** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and “double confirmation” process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227- KNEE** and tell the scheduling expert who answers the phone, “I would like a complimentary knee arthritis screening.”

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

**OsteoRelief Institute
Locations in Midtown and
Downtown NYC
Northern New Jersey
8 0 0 - 2 2 7- K N E E**

New Jersey
Waterfront Medical
Director Alexander Garger MD

Midtown NYC
Park 34 Medical P.C.
Director Alexander Garger MD

Financial District NYC
Downtown Medical NYC
Director Gazelle Craig D.O.

Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to “double confirm” placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

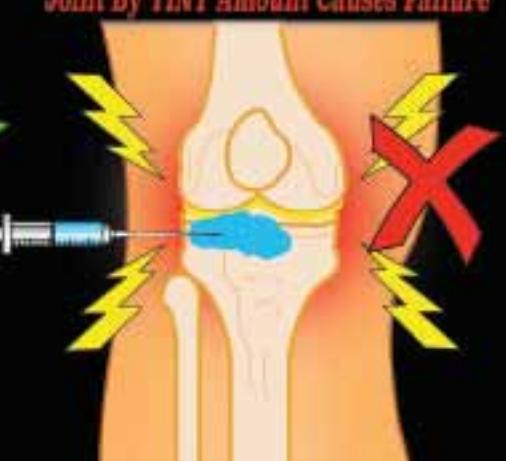
Before Treatment Painful Knee Joint Riddled With Arthritis



Successful Treatment Exact Placement Of Lubricating Gel When Using Advanced Imaging



Failed Treatment Without Advanced Imaging Missing Joint By TINY Amount Causes Failure



**Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
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Money blatters



Comedian Lee Nelson (not pictured) throws cash at FIFA President Joseph S. Blatter during a press conference at the extraordinary FIFA Executive Committee meeting at the FIFA headquarters on July 20, 2015, in Zurich, Switzerland. / GETTY IMAGES



Quoted

"Sepp, this is for North Korea in 2026. Cheers, Sepp — it's all there."

Lee Nelson said, before throwing the fake banknotes at the embattled FIFA chief.

After he threw the wad of fake cash into the air, Nelson was escorted away by security staff. / GETTY IMAGES

Zurich, Switzerland

History of pranks

Fake cash thrown at FIFA president

Not the first Nelson prank

Nelson is no stranger to gate-crashing. During Kanye West's set at this year's Glastonbury music festival, the British comic stormed the stage and started rapping with the star before he was tackled by a guard. Last year, Nelson tried to board a flight with England's World Cup squad, mingling with the players before their departure from Luton Airport.

METRO WORLD NEWS

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Man drowns in Demi Moore's pool



A 21-year-old man, Ednilson Steven Valle, was found dead in Demi Moore's private swimming pool in Beverly Hills early Sunday morning, according to Fox News. Valle was a guest of a member of Demi Moore's staff who threw a party at the actress' house while Moore was away for the weekend. "I was out of the country traveling to meet my daughters for a birthday celebration when I got the devastating news," Moore said in a statement. "My heart goes out to this young man's family and friends." Friends and family told investigators that Valle did not know how to swim. TMZ reports that police believe he slipped and fell into the pool and that there is no suspicion of foul play. **MATT LEE**

THE WORD

Ned Ehrbar takes on the world of gossip.

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2

Miranda Lambert no longer Team Blake

Fans of both country music and long-term matrimony are likely pretty bummed today, as "The Voice" judge Blake Shelton and wife Miranda Lambert are getting a divorce. The couple announced the news via a statement to the Associated Press, so you know it's legit and that they're super-classy, as far as marriage-dissolvers go. People magazine? Bah! Telling some creepy TMZ cameraman? Never! Get me the wire service of record!

The couple first met in 2005 and were married in 2011. "This is not the future we envisioned," a rep for Shelton and Lambert says. "And it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter." Respect their realness, OK?

ALL PHOTOS GETTY IMAGES

2 CULTURE



Twitter feed

Today, RuPaul is full of wisdom, **Mark Duplass** isn't feeling it, **Rebel Wilson** is only human and **Lena Dunham** is knocking "Newsies."

@RuPaul: Two wigs are better than one

@MarkDuplass: It is 6:54am and I'm already totally exhausted.

@RebelWilson: I lost the NO (refined) SUGAR CHALLENGE after 20 days... had a scary taxi ride and succumbed to ice-cream & Mars Bar...but back on wagon

@lenadunham: Feeling down? Christian Bale starred in Newsies. THE WORLD IS YOUR OYSTER.

3

Simon Cowell all over this 1D baby drama



Simon Cowell is patting himself on the back for talking One Direction member Louis Tomlinson off the ledge following news of his baby-making with non-girlfriend Briana Jungwirth. "I said to him, 'You man up. You're fortunate because you're in a position to be able to look after the baby and not worry too much about that,'" Cowell boasts to the Sun. "But I also told him, 'I've received bad calls in my life, but this is not one of them. This is your business, but I'm here for you.' Thanks?

Also, Cowell certainly has an interesting way of putting a positive spin on things: "He didn't kill anyone. He got someone pregnant," he says. "It happens every day all over the world. Again, Louis has got great family around him and, look, it's a plus, not a negative."

Speaking of bad news, Cowell suggests that this baby situation, coupled with Zayn Malik's departure, might be just the opportunity the group needs to give it a rest already. Sorry, girls. "In terms of the band, they've got enough hits now they can take some time off and do some other stuff they want to do," he says. "Then I hope they'll have a little bit of time apart and want to get back together again." Can I just say that this all seems, I don't know, suspiciously well coordinated?

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Neon Trees: 'Half of my 20s was a secret'

Interview. Lead singer Tyler Glenn says his next album will be more honest than ever, now that he is openly gay.

Neon Trees shot up the charts in 2012 with their party-ready songs "Animal" and "Everybody Talks," but the tracks on their most recent album, "Pop Psychology," are a bit more melancholy. We talk with lead singer Tyler Glenn about the crazy stories behind the songs, plus how his writing has changed after coming out as gay in 2014.

BFF breakup

The band's new single, "Songs I Can't Listen To," is about a breakup but not of the romantic variety. "My best friend of nine years said she was getting mar-



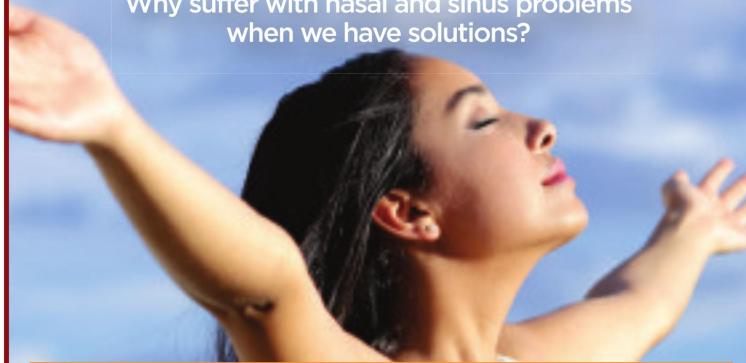
Tyler Glenn, second from left, with fellow Neon Trees members Elaine Bradley, Branden Campbell and Chris Allen. / MATHEW HARTMAN

ried and didn't think we could be friends anymore," Glenn tells us. "It broke my heart in a way that's different from a romantic relationship." While he

says the two haven't spoken since the sad talk, he did just receive an invite to her wedding, though he hasn't decided if he's going to go or not.

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and his ex-hookup are no longer in touch — yet another friend breakup that inspired lyrics.

Finding his happy place

The next Neon Trees album will be the first one where Glenn is openly gay, and Glenn says the songs will be talking about his relationships even more. "Half of my life in my 20s was a secret, so now I'm way honest, to a fault, and having a good time because I can," he says.

He says fans can expect the band's new songs to be happier,

since he's in a good place right now. "I usually feed off of being heartbroken or in a negative situation. It's been interesting writing more when someone good is in your life."



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Surprising storytelling

Though the song is about a friend breakup, the music video features a gay ro-

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Memoir. It took nine years for Eunsun Kim to escape North Korea, but she is finally living safe and free.

Here in the States, it's easy to take freedom for granted. But Eunsun Kim, a North Korean refugee, wakes up every day thanking God that she is, finally, a free woman. When she was just 11 years old, Kim, her mother and sister started a journey to escape totalitarian North Korea. It took them nine years to find safety. Kim's memoir "A Thousand Miles to Freedom" (out today) is her powerful and shocking account.

Leaving home

When Kim was a child, her family was affected by the famine taking place in North Korea at the time. After her father died of starvation, her mom decided



Overcoming slavery, starvation and homelessness

Eunsun Kim now lives safely in South Korea where she has connected with many other North Korean refugees. "We share information and do things together about North Korean human rights or refugee problems," she says. / JEONG YI

they should leave home, even though they had to live on the streets. "We slept anywhere we could — under bridges or market display stalls," Kim tells us. "We usually ate 'speed cake,' which is a mixture of water and cornmeal. It only takes two minutes to make and just a little bit makes you feel full."

Sold into slavery

After making it out of North Korea and to China, a seemingly nice woman offered them shelter. She suggested Kim's mother marry a Chinese man to have legal residency. Not seeing an alternative, she agreed, even though the man was a stranger and

hideous looking. They did not know the woman was offered money from the man, essentially selling the women as slaves.

"Even though human trafficking is illegal in China, there are many old, poor, disabled men in small villages, and these men want to use their money to buy North Korean women because it

is much easier than finding a Chinese woman to marry," Kim says. "There is a continued demand for North Korean women, and the traffickers supply these women for money."

Though they now had food and shelter, they were treated badly by Kim's mother's new husband. He berated her until she became pregnant with his son. Eventually, the three women left and escaped to South Korea, where they live today.

Once there, Kim focused on school. She wanted to go to college, but she was nine years behind. "I met many nice people in South Korea who really did help me

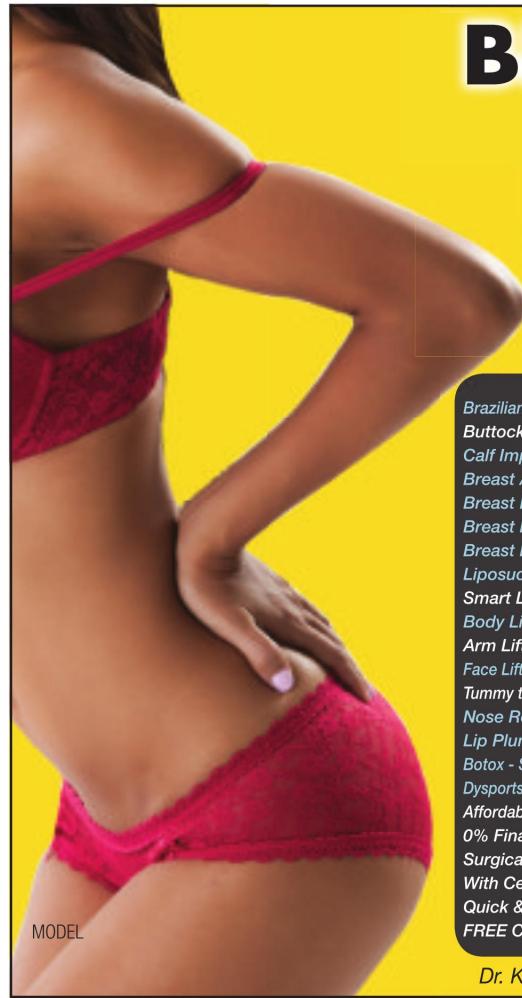
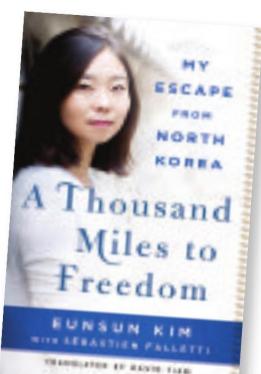
study," she says. "After one year, my grades improved, and I started to have self-confidence. I felt like I could have a bigger purpose in my future. I also started to think about North Korea's problems."

Life now

Kim now attends college in South Korea, is married to another refugee and is expecting her first child. "When I was in North Korea or China, I never dreamed that I could have a life like today. Even though we had to go through so much, I am pleased with my life now."

Her mother works in a restaurant, which is hard work yet work she is thankful to have. Kim's sister is also married and living in South Korea. "I am now a free woman, which is the most important thing in one's life," Kim says. "This is the most satisfying thing I have."

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Interview.

The performer hates her voice, except when it's on "BoJack Horseman."

Amy Sedaris isn't crazy about watching herself, or even listening to herself. "I hate all of it," she tells us. One exception is "Bojack Horseman." On the Netflix show — whose second season launched Friday — she plays Princess Carolyn, the agent and on-again, off-again friend-with-benefits of its titular character, a former cheesy '80s sitcom star-turned-self-hating alcoholic, voiced by Will Arnett. He's also an anthropomorphic horse, and she's a cat, but that's how it rolls in the animated show's world, where people and sentient animals cohabit and often hook up.

"A character like Princess Carolyn, I don't mind listening to at all. It all depends on the project. But I like to watch this," Sedaris admits. She confesses to feeling panicky with other projects "because you can't change it. It's the same



The second season of "Bojack Horseman," now on Netflix, reunites self-hating alkie sentient horse Bojack (voice of Will Arnett) with his flustered agent/cat Princess Carolyn (Amy Sedaris). / NETFLIX

with the cookbook I did ['I Like You: Hospitality Under the Influence']. It's hard to go back and read it because I can't change anything. It drives me crazy."

Sedaris admits that after watching the first season, she learned new things about how to do Princess Carolyn's voice, since she was finally seeing her in motion. "Once the first season came out, I saw that she moved more," she explains. "It's something you have to

have in the back of your head. Maybe she doesn't talk too fast because she's moving really slow — little things like that."

The detachment from knowing what's exactly going on extends to the table reads too. Most of the cast meets up in person in Los Angeles, but Sedaris calls in from New York. "It's weird to do it over the phone while they're all in L.A.," she admits. "It's just so funny to be alone in my apartment listening to

them. It's like sitting back and observing it without really seeing it."

Still, it's not as intense as it is for the animated films she's done, including "Shrek the Third" and "Puss in Boots," where there are sometimes huge gaps between recording sessions, even a year. "You always forget what you did," she says. "You go in so many times. With this, you just go in once and record it. I like this process a lot."

One more thing**Her favorite toons**

Sedaris' distinctive bray has earned her a share of animation work, including stints on "Bob's Burgers,"

"American Dad" and "Doc McStuffins," in addition to live action appearances on "Broad City" and "Unbreakable Kimmy Schmidt." But she hasn't appeared on one of her favorites: "The Simpsons," of course, is the best. I'm so glad it's still around. It's never going to die. I hope it never dies."



met one of the new season's biggest cameos, Sir Paul McCartney. She did not.

"I'd almost rather meet him this way," she admits. "You don't want to meet them in person. It's too intimidating. It's like, let's just do this on opposite coasts. Perfect."

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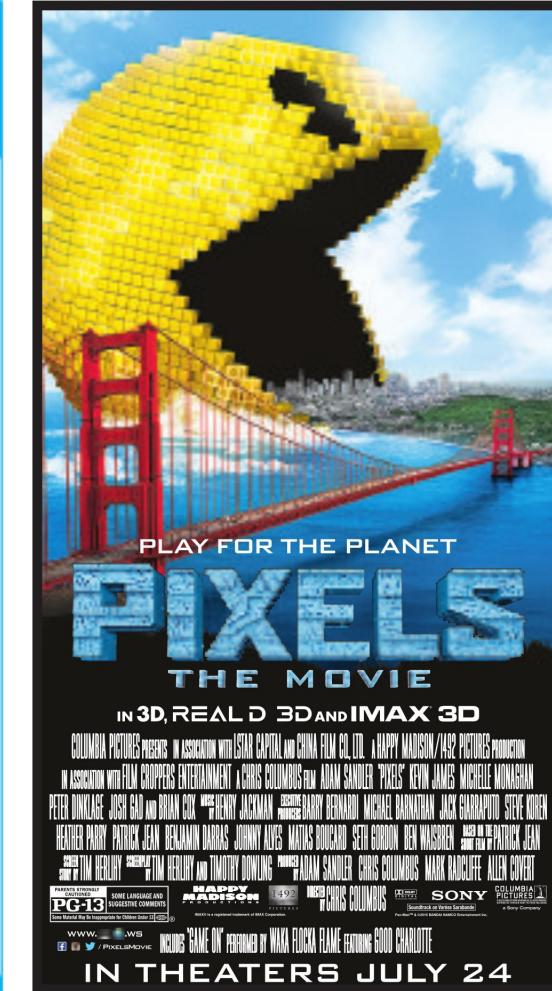
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4 Movie stars we'd like to see have a comeback on TV

The stampede of film stars to TV is no longer a trend — it's just a reality. As such, we've moved on from the Kevin Spaceys of the world to other movie stars who are looking for a break. For instance, this fall Wesley Snipes heads to NBC for the thriller "The Player" after a long stretch away from film that saw him most in the public eye for having legal trouble with his taxes. But we think there are plenty of other film actors ripe for a TV resurgence. Here are our picks and what we think they'd do well in. **LISA WEIDENFELD**

1 Jackie Chan

Appearing in:
a family comedy

Though Chan has "Rush Hour 3" on the horizon, he seems to be past his action star heyday. That's OK, though — that just means it's time for



him to focus on his equally great but less honored talents as a comic actor. Chan is great at physical comedy, and we can easily picture him as the beleaguered father to his hipster kids, getting in a generational clash about how easy they have it.

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Karen Allen

Appearing in:
a tense legal drama

Allen had a stretch in the '80s where she dominated, but lately (except for that return in the most recent "Indiana Jones" movie, whose crimes are mitigated only by her presence) she's been less active. Which means it's the perfect time for her to play some kind of high-powered attorney. We're imagining a "Good Wife" and "How to Get Away With Murder"

hybrid, where she's brilliant, but morally compromised (you know, like every other TV lawyer). Bonus points if they can talk Harrison Ford into a cameo as her ex.



Winona Ryder

Appearing in:
a showbiz satire

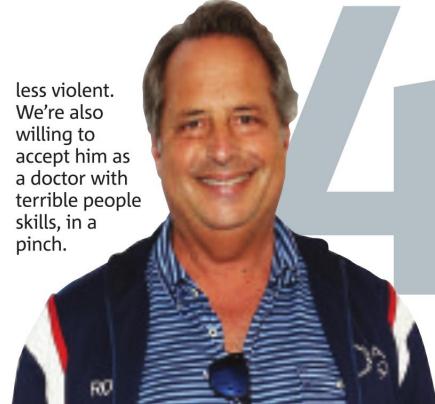
Ryder was the "it" girl of the '90s, but a series of lackluster roles and that little shoplifting issue

plus the usual "industry doesn't know what to do with women over 35" nonsense have kept her profile low. Why not spoof that? Sure, half the cast of "Friends" is doing that now ("The Comeback" and "Episodes"), but we think there's room for a sharp look at life after being an "it" girl, particularly in this golden era of lady comedy on TV.

3 Jon Lovitz

Appearing in:
a seedy lawyer comedy

Sure, Lovitz was also a TV star, but who can forget his turn in "A League of Their Own"? Wherever he's been, we'd like him to come back, with that particularly Lovitz style of scumbag he does so well. It seems too easy, but he should play a seedy lawyer a la "Better Call Saul," but, you know, funnier and



less violent. We're also willing to accept him as a doctor with terrible people skills, in a pinch.

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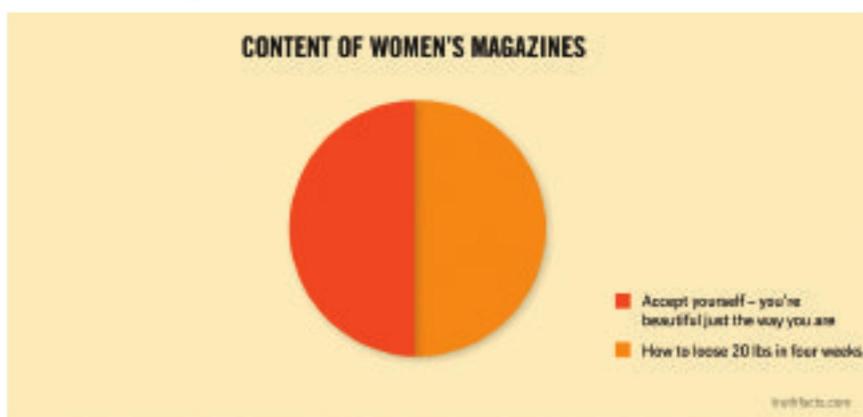
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Gemini You can outperform an opponent if you do your research. You will attract assistance if you can offer legitimate solutions.



Cancer The more places you visit, the more people you will encounter who can help you in your quest for success. Share your ideas to gain allies.



Leo Don't miss an opportunity to promote your skills. Networking will result in aid from an unlikely source. Say what's on your mind.



Virgo Emotional turbulence will leave you confused. Don't give in to pressure or manipulation. Take a break to sort through your feelings.



Libra Don't be afraid to say no if something doesn't feel right, no matter who is doing the asking. It will bring you the same result.



Scorpio An outside influence will change your perspective. Do something that inspires you. Don't stay at home hoping your big break will come.



Sagittarius Before you make a decision, make sure you have all the facts. A change of heart will make it difficult to follow through with a plan.



Capricorn A few tweaks to a project will make it a moneymaker. By investigating a similar product, you will discover a new marketing technique.

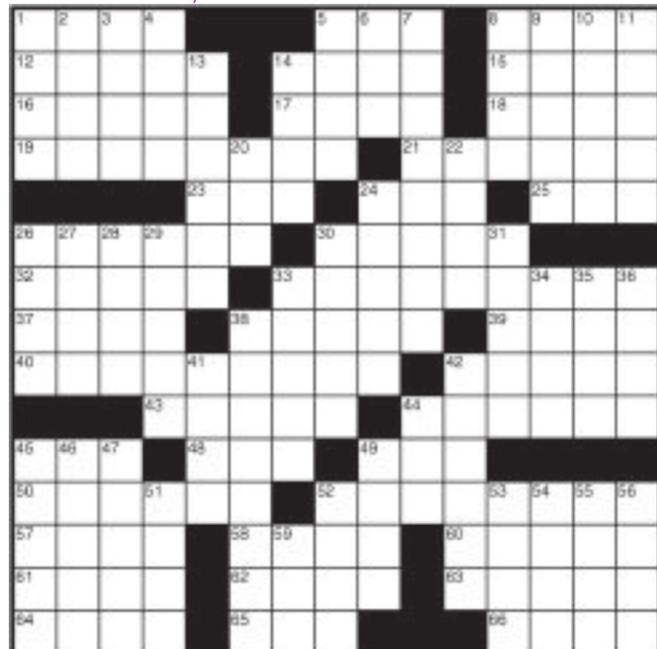


Aquarius Being confrontational will not get you ahead. If you feel too anxious to deal with others, take time to sort out your feelings.



Pisces Put some time aside for romance. A personal relationship will suffer if you become too demanding. **EUGENIA LAST**

metro.us/crossword



Across

- 1 Bring down the house
- 5 NFC griddler
- 8 Shed one's coat
- 12 Wooden horse saga
- 14 Ceremonial fire
- 15 Cuba, to Castro
- 16 — Dame
- 17 Glimpsed
- 18 Crooked scheme
- 19 Pub order, maybe
- 21 Tahini base
- 23 Wine cask
- 24 Billiard stick
- 25 Awesome, dude!
- 26 Ski lodge
- 30 Small jobs
- 32 Movie with a posse
- 33 Delphi oracle
- 37 Online journal
- 38 Unstable leptons
- 39 Zero-shaped
- 40 Noted Corsican
- 42 Teresa of —
- 43 Shopper's dread
- 44 Brunch favorite
- 45 S&L offering
- 46 Booster rocket
- 47 Big name in Westerns
- 48 Freeway clogger
- 49 Channel-surf
- 50 Unkempt
- 52 Tornado refuge
- 57 "En garde" weapon
- 58 Jacket style
- 60 Wild West show
- 61 Ricci of fashion
- 62 Hotfoot it
- 63 Left off
- 64 Gouda cousin
- 65 Continent divider
- 66 Novice
- 22 Blondie's shrieks
- 24 "The — Mutiny"
- 26 Lee J. —
- 27 Lunar phenomenon
- 28 Nefertiti's god
- 29 Photocopier setting
- 30 Quick, steady paces
- 31 Cook's need
- 33 More pristine
- 34 Worse than bad
- 35 Ever-popular attraction for consumers
- 36 Thin board
- 38 Ball club VIPs
- 41 Typewriter type size
- 42 Electrical unit
- 44 NATO cousin
- 45 Curie daughter
- 46 Speedy
- 47 Booster rocket
- 49 Big name in Westerns
- 51 Dogsled pullers
- 52 — Raton, Fla.
- 53 — Blanc
- 54 Whirlpool
- 55 Not e'en once
- 56 Hubbub (hyph.)
- 59 — kwon do

Down

- 1 Wedding band
- 2 Felipe or Matty
- 3 Tubular pasta
- 4 Accrue interest
- 5 Farewells
- 6 Suffix for press
- 7 Population surveys
- 8 Hit or —
- 9 A Muppet
- 10 Alpaca kin
- 11 Docile
- 13 It's a mile up
- 14 Furtive whisper
- 20 Don the feedbag

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easy

		9		1	5						
7	6						9	4			
		9						2	6		
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			3		9			6			
				1	8	3	5				
4	7					9					
5	2							4	7		
		8	7		6						

hard

8	5	9				1					
7						9		3			
		6	3	5							
5			2	3	8		9				
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			8		3	2					
3		2						1			
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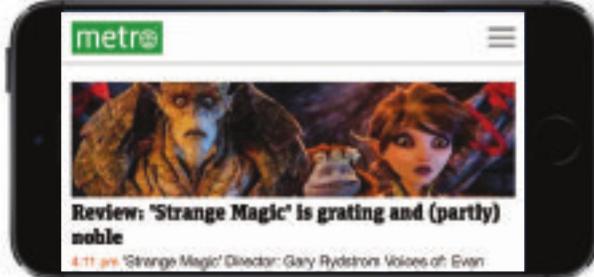
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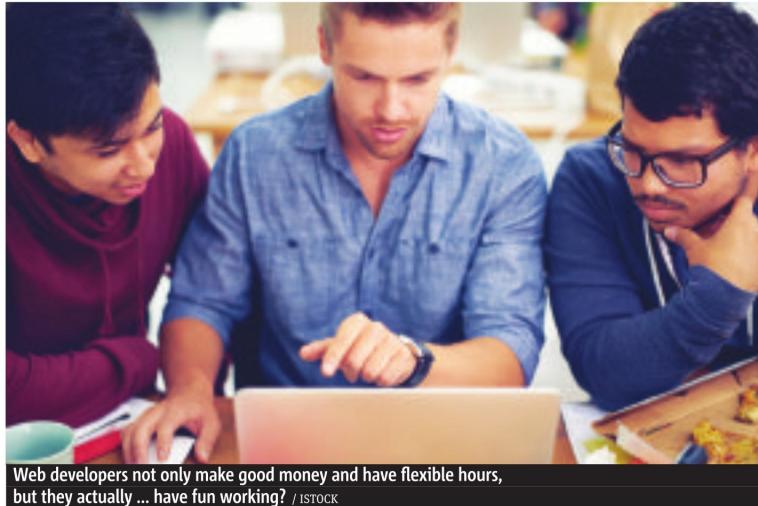
This is the best career ever

Work it. Why web developers are so darn happy.

Want a career that offers flexible hours, incredible work-life balance and good money? You better start signing up for some computer and engineering courses.

A new survey has found web developing might just be the best job ever. Conducted by market research firm Provoke Insights and web startup SkilledUp, the survey asked 303 web developers across the U.S. questions about their careers. And a whopping 88 percent say they feel satisfied in their job.

Part of the reason is pay, with entry-level developers in New York City making as much as \$80,000 per year, says Brad Zomick, co-founder of SkilledUp, which offers



Web developers not only make good money and have flexible hours, but they actually ... have fun working? / iSTOCK

companies access to alternative and web education courses.

"There's an incredible demand for this kind of work," says Zomick. "Everything we do now is online, whether it's research or shopping or communicating with family and

friends — and there is a certain, finite supply of developers that companies are competing with to hire."

But there are other perks too, mainly flexibility. While many developers do have a degree in computer engineering,

it's not necessary. Indeed, 56 percent of developers surveyed said they started in another career, such as teaching or chemical engineering. Many developers cite work-life balance as another bonus. "You can pretty much work from anywhere — not just

Where to learn

Already got your degree in English literature or music performance? You can still become a web programmer. Zomick suggests checking out these places for novices looking to learn how to code.

- **Codecademy:** Free introductory courses in various programming languages.
- **Team Treehouse:** Monthly subscription service for \$25-\$50/month. Includes discussion forum and real project work.
- **Code School:** Monthly

subscription service for \$29/month. Known for its quirky videos and interactive coding console.

- **Thinkful:** Learn online but with a mentor to help you through stumbling blocks. \$300-\$500/month.
- **Bootcamps:** A semester-long bootcamp (\$15,000+) will turn a neophyte into an entry-level developer earning \$80,000. New York City schools include Fullstack Academy, the Flatiron School and App Academy.

from home but around the world," says Zomick. "And the hours are good, too."

Perhaps most important, however, is that the work is actually ... fun?! "You're constantly learning new languages, developing new skills and

attacking new problems every day," says Zomick. "When you finish a project, it feels like you've solved this giant puzzle. It's really rewarding."

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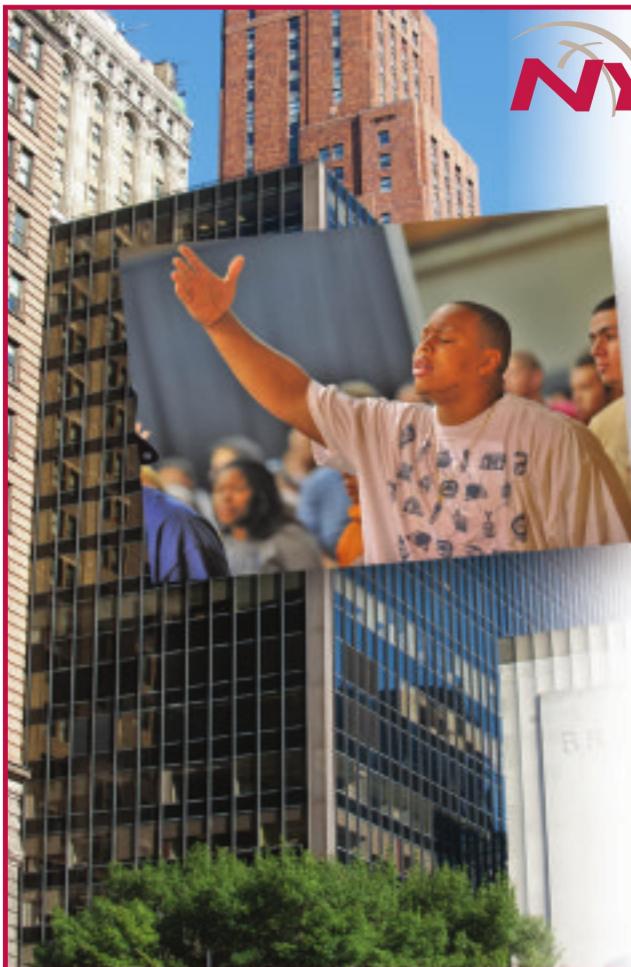
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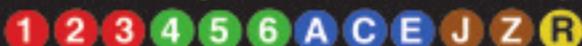
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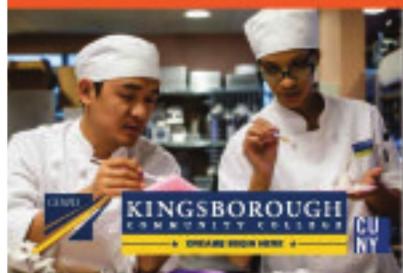
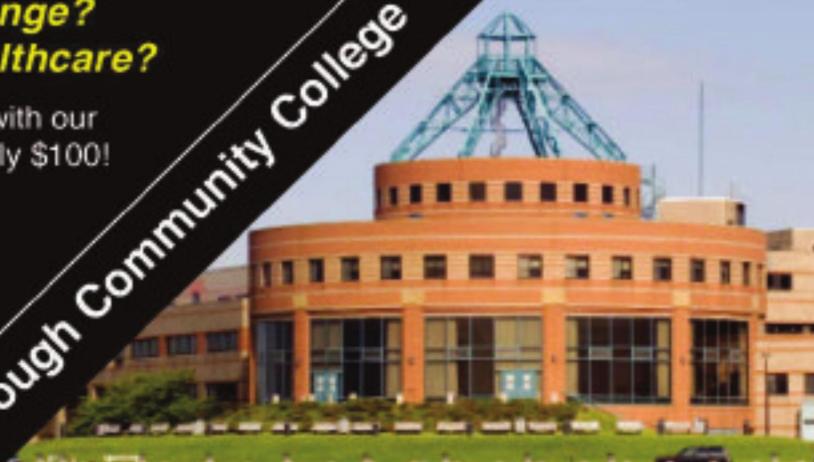


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Take meditation into your hands

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Apps can be a helpful way to get started on your path to Zen.

MEGAN FU
@metronewyork
letters@metro.us

Stress levels tend to run high in the city that never sleeps — it can be difficult to find time to relax and clear your head. Meditation is a helpful and healthy way to cope, but who's got the time for a class? It may seem counterintuitive, but your smartphone can help.

For most beginners, meditation feels difficult, and it can take some time and trial and error to figure out what type of guidance is best.

"As human beings, we are set up to get things done, to accomplish," says Josh Korda of the Buddhist collective Dharma Punx NYC. "We are prone to overscheduling and busyness, so the idea of settling and focusing the mind and internally letting go of achieving or doing anything can at first be a very challenging endeavor."

Korda began his practice the old-fashioned way: setting an egg timer and sitting quietly until it went off. "Believe me, it was torture for many years," he recalls. "I don't think I would ever recommend that old-school way to anyone."

But now, there are all kinds of options at your fingertips to get started. Korda and fellow Dharma Punx NYC teacher Kathy Cherry tell us how apps can be a useful tool for those trying to get into meditation.

Find the right guide

When you're trying to get into the right headspace, the teacher's voice can be important. Apps make it easy to

find someone who works for you — though Korda says it's also important not to focus too much on this, as "no one likes meditation at the beginning."

Make time to experiment

Korda and Cherry both agree that formal practice is important, and you're unlikely to see benefits if you don't set aside roughly 20 minutes a day, every day, for at least eight weeks.

To stay motivated, experiment. "Download a bunch of guided meditations to your phone, and then when you're available to spend 15 or 20 minutes, just sit and play [them] — that's the best way to get started," says Korda. The variety

may spark something and keep the sessions from feeling repetitive.

Get social

Cherry uses an app called Insight Timer (iOS and Android) because there's a built-in community. "You have the ability to join other meditation groups, and you can see others and track yourself," she says. "Connecting with other people in the process is really critical to being able to sustain your practice."

...Or get back to basics

Many people meditate during their public transit commute, but maybe don't start there. In the beginning, you'll want to remove as many distractions as you can, Cherry advises. Choose an app that's easy for you to use and has a simple timer that you can customize.

"Having the ability to program indicators for yourself allows you to relax," she says. "You can trust that the app will give you the notification that it is time to switch into this other mode."

Two practices

There are roughly two large categories of meditation, and to understand the benefits, it is necessary to understand those categories.

Concentration: Focuses on breathing and building attention, skills and focus

Mindfulness: Doesn't focus on a specific thing; the mind is being trained to be available to anything that arises



ISTOCK

Keep your goals in mind

Training the brain to meditate is so difficult because we're programmed to constantly work and achieve. It is easy to give up, move on and throw the idea of meditation away.

"Most will think, 'Why am I doing this? I have so much to do,' and they won't understand all the benefits," Korda says. "They won't be able to really know what the long-term goal is and what the possible benefits are."

Five apps to try

Headspace
Free (iOS, Android, Amazon)

Buddify
\$4.99 (iOS, Android)

Insight Timer
Free (iOS, Android)

The Mindfulness App
\$2.99 (iOS, Android)

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WELLBEING 30

Eat well on just \$4 a day

Leanne Brown shows us how to eat healthy on a SNAP budget.

RACHEL KASHDAN
@metronewyork
letters@metro.us

You might think you can't afford to eat well, so your shelves are stocked with the cheap and processed stuff like packaged ramen noodles and Easy Mac. But Leanne Brown, a graduate of NYU's master's program in food studies and policy, proves that anyone can afford to eat healthy food every day in her book "Good and Cheap: Eat Well On \$4/Day," a guide to eating nourishing, fresh food on a budget.

Brown's book was created with the 46 million Americans who live on SNAP in mind —



Even on a budget, you can eat real, nutritious food, like this taco salad. PROVIDED

drinking tea.

Check what's in season

If you buy fruits and vegetables out of season, you're usually paying more money for lower quality produce, Brown says. Instead, stick to buying fruits and veggies when it's their growing season, and look for canned or frozen items when out of season. Brown suggests looking for great deals on quality zucchini near the end of summer and stocking up on oranges in December and January.

In "Good and Cheap," Brown argues that limited funds shouldn't hold you back from eating well because when you're armed with cooking ability and a dash of creativity, and you incorporate a bit of planning, the options are endless.

There are recipes for everything from savory breakfasts to sauces, desserts to smoothies, plus grocery shopping tips, pantry must-haves, kitchen equipment basics and a guide to repurposing leftovers. We got three of Brown's top tips for saving money at the grocery store and a recipe to put them into action.

Buy in bulk

When shopping for foods you eat regularly, or ingredients you'll be able to use in multiple meals, buy in bulk whenever possible, Brown says. "Buying larger amounts of one item can usually bring down the price per unit. When you're working within a tight budget, you won't always be able to afford to shop for the future, but you should do it when you can."

If you're a yogurt eater, that's one item Brown says to always buy in bulk. Instead of buying a few small containers with toppings or chemical flavorings, just buy buckets of plain yogurt and add whatever fruits or toppings you like.

Recipe

Taco Salad

Adapted from "Good and Cheap"
Serves two; \$2.60 per serving

- 4 cups chopped lettuce
- 1 cup cooked beans, pulled pork or ground beef
- 2 small tomatoes, chopped
- ½ cup corn kernels, canned or fresh
- 2 or 3 scallions, finely chopped
- 1 cup tortilla chips, crushed
- ¼ cup shredded sharp cheddar cheese or queso fresco

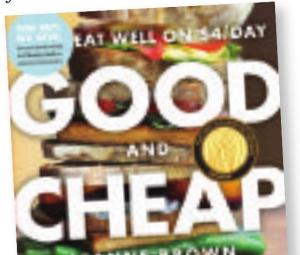
Dressing

- ¼ cup sour cream or yogurt
- juice of 1 lime
- salt and pepper, to taste

Directions

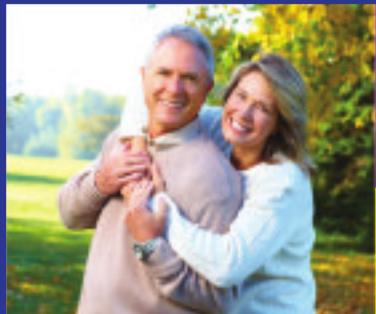
Mix lettuce, beans, tomatoes, corn, scallions, tortilla chips, cheese and any additions in a large bowl. In a small bowl, stir together the sour cream, lime juice, salt and pepper (adjust to taste).

Just before serving, pour the dressing over the salad and toss to coat. Eat immediately, maybe with a few extra chips on the side.



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TODAY!

Yanks' cavalry delivering following stints on the DL

MLB. The Yankees have gotten by without a fully healthy squad but are now ready to thrive.

The Yankees' depth was tested earlier in the year, especially in the outfield, but now the team they assembled in the offseason is coming back together.

Top-of-the-order center fielder Jacoby Ellsbury, who missed nearly two months of games after suffering a knee injury against the Nationals on May 19, has come back as good as ever. Since being activated from the disabled list just a few days before the All-Star break, Ellsbury has seven hits in 34 at-bats, including a home run and two walks. All but one of those hits came in series' against the Athletics and Red Sox before the break, but offense was hard to come by in the recently concluded set with the Mariners (just 17 runs were scored between the two teams in total).

Ellsbury has yet to steal a base since returning to the club, but the Yankees are probably trying to take it easy with their seven-year, \$153 million investment. Ellsbury is now batting .302 on the year, with a respectable OPS of .741. Assuming he is in the lineup on Tuesday, he'll have a chance to get at Orioles starter Wei-Yin

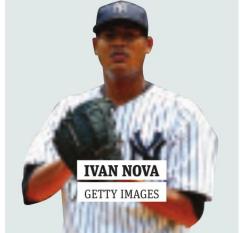


Andrew Miller has a sparkling 1.44 ERA this season to go along with 20 saves. / GETTY IMAGES

The slate

Probable starters for the Yankees this week:

- **Nathan Eovali** is set to face Baltimore's Wei-Yin Chen Tuesday in the Bronx.
- **Ivan Nova and Masahiro Tanaka** are also slated to pitch against the O's this week.



IVAN NOVA

GETTY IMAGES

Chen, whom he is batting .368 against in 19 at-bats.

Meanwhile, the Yankees bullpen had to make do without closer Andrew Miller for over four weeks, but their late-inning specialist was brought back into the fold earlier this month. Miller, who didn't surrender a single earned run in his first 15 appearances this year, picked up a save in his first game back on July 8 against the A's, then finished two games against the Red Sox heading into the break. This past weekend, the 6-foot-7 southpaw picked up two saves with little drama against the Mariners, upping his season total to 20. Miller is sixth in the AL in saves

despite playing significantly fewer games, and he has yet to blow a save in 2015 (something that the five closers above him cannot say).

Carlos Beltran is the most recent Yankee to complete a DL stint; he had been out since July 1 with a strained oblique. The 38-year-old veteran made his impression felt in Sunday's game against Seattle; with the Bombers down 1-0 in the sixth inning, Beltran stepped up to the plate and delivered a two-out RBI to tie the game, and the Yankees would go on to win 2-1 thanks to a solo shot by Mark Teixeira.

Beltran hopes to continue his career renaissance, as he endured a

rough 2014 in which he only played 109 games due to injury and batted a paltry .233, well below his career average of .280. Beltran is currently batting .262 with seven homers and 31 RBIs in 67 games this season.

ROBERT CRISCOLA
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3

SPORTS



MLB

Mets, Nats back at it

The Mets and Nationals will continue their battle for NL East supremacy tonight in D.C. with Jacob deGrom (9-6, 2.44 ERA) getting the ball for New York and Joe Ross (2-1, 2.66 ERA) throwing for Washington.

PGA Tour

Johnson wins at St. Andrews

American Zach Johnson claimed the second major triumph of his career after winning a four-hole playoff at the end of a captivating, cliffhanger of a final round in the British Open on Monday.

In an Open that never seemed to want to end, the 39-year-old surged through the field with a closing 66

before overcoming South African Louis Oosthuizen (69) and Australian Marc Leishman (66) in extra holes.

"I feel blessed to be the champion and honored to be part of the history of this game," said Johnson after a round played in a damp and heavy atmosphere but, more importantly for the players, in light winds.

"It has been a week

of patience, courage and trust. I can't play any better than I did. I just stayed in it, waited for the opportunities and made a few putts."

Johnson, who won the U.S. Masters in 2007, took a vice-like grip on the playoff by ramming in birdie putts of 12 and 18 feet at the first two holes and could afford the luxury of taking a bogey at the 17th before a par four at the last sealed victory.

One of the first to congratulate Johnson was fellow American Jordan Spieth who failed to make the playoff by one stroke after a day of fluctuating fortunes.

Spieth, 21, bidding to become the first player since compatriot Ben Hogan in 1953 to land the opening three majors of the year, finished with a three-under 69 for 274, 14 under. REUTERS

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Movement to get Jets' great Klecko into Pro Football HOF heats up

NFL. A versatile defender, Joe Klecko has gotten no respect from Canton.

Joe Klecko should be in bronze, that is the message from New York Jets fans to the Pro Football Hall of Fame in Canton, Ohio. And it is a message that is gaining momentum.

A part of the famed "New York Sack Exchange" that ran rampant throughout the league in the late '70s and early '80s,

Klecko is one of the names not in the Pro Football Hall of Fame that remains a bit of a head scratcher. He was a sixth-round pick in the 1977 NFL Draft and became, arguably, the best player on one of the league's best-ever defensive lines. His peers raved about him and he remains one of the most popular Jets in franchise history. Klecko was one of the first inductees into the team's Ring of Honor.

His numbers could have been far more impressive but the NFL didn't start counting sacks until 1982.

Quoted

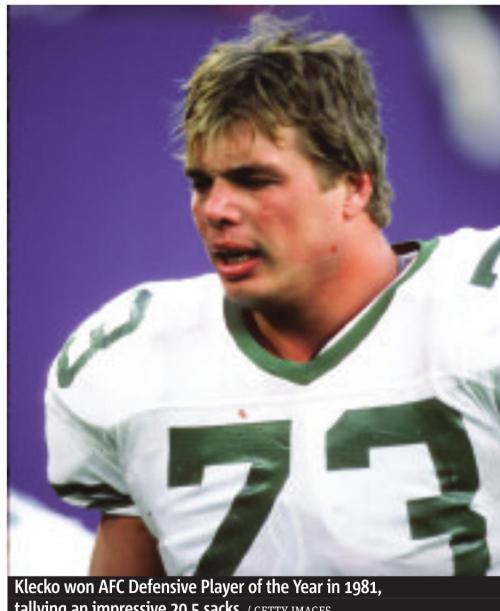
"Joe has the outspoken support of Hall of Famers like Howie Long, Anthony Munoz, Joe DeLamielleure, Dwight Stephenson and even highly respected writers like Peter King."

Jason Koeppl, founder of 'Klecko 2 Canton' movement.

An online petition started earlier this month has over 1,200 signatures asking the hall's selection committee to enshrine Klecko.

"We have some plans in the coming weeks to draw more attention to the petition and we hope

that it brings some awareness to the fact that Joe Klecko is more than deserving of this great honor," said Jason Koeppl, who founded the "Klecko 2 Canton" movement. Koeppl was also one of the moving forces behind FireJohnIdzik.com, a site dedicated



Klecko won AFC Defensive Player of the Year in 1981, tallying an impressive 20.5 sacks. / GETTY IMAGES

to ousting the Jets' former general manager. "It really is hard to say why he has not been inducted yet. [He was] a four-time Pro Bowler at three different positions

on the defensive line and two-time All Pro.

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General Help Wanted

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Legal Notices

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